

Pollinators Need Nectar Too



Many people know that monarch caterpillars feed on milkweed plants and black swallowtail caterpillars feed on parsley plants. However, many people don't realize that adult butterflies, those that have metamorphosed and emerged from their chrysalis, actually feed on nectar from a variety of pollinator plants. It is important to provide habitat and food sources for both the caterpillars and the adult butterflies.

Iowa Native Plants That Provide Nectar

Rose Milkweed
(*Asclepias incarnata*)

Wild Bergamot
(*Monarda fistulosa*)



Prairie Blazing Star
(*Liatris pycnostachya*)

Purple Coneflower
(*Echinacea purpurea*)